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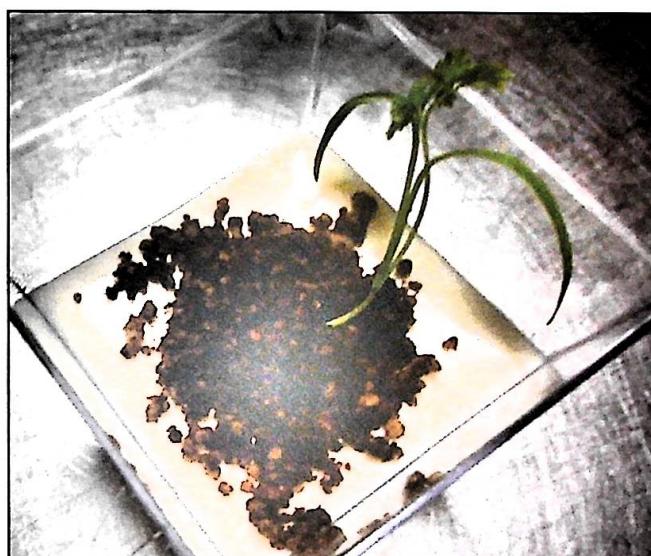
Prof mixes knowledge of chemistry and food

shelly graybill
staff writer

If you know him as a chemistry professor at Clarke, you may expect to find Sunil Malapati in a lab mixing complicated chemicals as students look on. And you will. But if you can't find him in CBH, the next best place to look is in the cafeteria kitchen. "The Clarke kitchen is my second lab on campus," said Malapati.

On February 26, Malapati was the featured speaker for the Mackin-Mailander lecture series. Consistent with the theme of previous speaker Alton Brown, food network star, his talk was entitled "Flavor of the Land: Exploring the Connections Between Food, Cuisine and Land."

Malapati has a unique relationship with food, "I like to interact with flavor profiles all around me," he said, attributing this to being an immigrant from India. He has many stories of creating dishes for people in which he was able to blend the fresh produce of the Dubuque area with his



Rosemary honey eggless custard with edible walnut dirt and micro chervil created by chemistry prof Sunil Malapati was served to audience members at his Mackin-Mailander lecture on food.

expertise in Indian cuisine. While some chefs know what flavors will complement each other in a dish, Malapati delves deeper than that. As a chemist, he knows why certain foods will make a delicious dish according to the chemical components of each ingredient.

For example, tomatoes, basil and mozzarella, commonly called caprese salad, share chemical components-linalool and methylhexanoic acid, creating a pleasing flavor.

As an inquisitive chef, he likes to research the ingredients he uses. As many of us do, Malapati

believed that basil was native to Italy. Much to the audience's surprise, basil originated in India, Malapati's home country. As Malapati thought back to living in India, he realized that almost every house has a basil plant in front. They just don't eat it in the way that Italians do.

Another ingredient that Malapati discussed in detail is the green chili. The green chili was adapted into Indian cuisine quickly because it was easy to grow and incorporate into cuisine. The ubiquitous green chili, introduced by Columbus, is only about 500 years old and is considered a "New World Food." "The word 'pepper' was the only word for fiery food before the green chili," said Malapati. The audience got a quick chemistry lesson and learned that black pepper contains a chemical compound, piperine, and chili peppers contain capsaicin. These compounds are responsible for the heat.

Many other places in the world have foods linked spe-
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Panel discusses answers for 'angry black men'

rachel armstrong
staff writer

As Black History Month came to an end in February, so did the "Power of the Word" panel discussions regarding the use of terminology concerning African-Americans in society. Clarke's B.L.A.C.K. Student Union sponsored this event that featured professors from the University of Dubuque discussing the many obstacles and stereotypes that African-American males face in today's society.

"It was very eye opening and it was good to bring light to the issues going on in the world," said Clarke sophomore nursing student Kelsey Fawver.

Anthony Allen, chair of the Dubuque Human Rights Commission, mediated the discussion featuring professors Ricardo Cunningham, Henry

Grubb, and Lawrence Muzinga. "You cannot be a black male in America and not be angry, period," said Grubb. He explained how the system in which we live is not fair to African-American men in regard to how resources and power are allocated throughout society.

Muzinga went on to explain how angry black men need to be aware of the inequalities that face them in order for them to be truly angry. "An angry black man should be the one who observes the society and understands where the inequality is before he gets angry," he said.

Cunningham explained how,

Black history month

oftentimes, black men feel they shouldn't even make an attempt to be successful because they cannot overcome the barriers that society has created for them to hold them down.

Muzinga said that we as a society, including black Americans have contributed to creating these barriers.

The panel came to the conclusion that the stereotypical view of angry black men has gone from Uncle Tom to Samuel Jackson, and this transition can be attributed to how society has viewed African-American males as well as how African-American

cans have viewed themselves. Cunningham explained that what angry black men do with their anger is really the underlying issue.

The panel discussed two different ways for black men to channel the anger that is built up inside of them in order for them to break down barriers. According to the panel, using constructive anger versus deconstructive anger is what will determine whether these obstacles can be overcome.

Although constructive anger can be difficult to implement at times, the professors agreed that the outcome of using constructive anger versus destructive anger will be far more beneficial when in integrating the angry black man into society. "You can-

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Students win photo, design awards

Two Clarke students won awards at the Iowa Newspaper Association Annual Convention in Des Moines in February. "Courier" editor Ethan Abney won first place in the Best Feature Photo competition for his photo for a story on Clarke being named a Tree Campus USA.

Joey Stamp, 2012 alum, also won third place in the Best Feature Photo category for his photo of the "Chalk Walk" event on campus.

Colleges and community colleges from all over the state compete in the competition judged by professional journalists.

Brenden West, a 2010 Clarke grad who now works for the Dyersville "Commercial,"

won the Iowa Newspaper Association's award for the Most Promising Young Journalist of the year. Brenden was editor of both the "Courier" and "Catalyst" during his time at Clarke.

Art alum Katie Gross won second place in the Single Illustration: Computer Generated Graphic for Magazines category for her work on the 2012 "Catalyst." The award is from a national competition sponsored by the Columbia Scholastic Press Association.

Clarke graphic design students won 33 awards, in addition to the Best of Show award, at the American Advertising Federation ADDY Awards on Feb. 22.

Clarke student winners

include Peter Bayliss, Jessica Bixby, Brittney Blanco, Alyssa Breitbach, Andrea Bruce, Stephanie Buse, Jamie Demmer, Charlie Fast, Katelin Hermsen, Grace Jennejahn, Stephanie Kronlage, Abby Nauman, Sarah Oberding, Hilary Post, Andrew Quam, Catherine Savitch and Megan Schwitz.

Senior Jessica Bixby won Best of Show for her voodoo-themed, integrated campaign entry "The Cajun Quarter Food Truck," which included a large menu, paper hats, a to-go box, business cards and small menu.

The ADDYs are the advertising industry's largest and most representative competition.

Security guard offers self-defense class for women

kevin murphy
staff writer

With the world being as dangerous as it is these days, students need to be able to defend themselves in any situation. This is why Clarke students have been attending a self-defense class on Tuesday afternoons in the PAC.

The class is taught by one of our very own security guards, William Kochendorfers, and he has been running it at Clarke since 2007. The class is sponsored by the Clarke Student Association, Residence Life and Student Activities.

Kochendorfers, also known as Bill, has been teaching people self-defense since the early '80s and has been doing martial arts since 1971. Bill was trained by fellow Clarke security guard Bob Kisten and is a second degree black belt. He also

fought in martial art tournaments when he was younger.

"This class on every Tuesday night consists of eight to 12 women eager to learn self-defense," said Bill. He teaches these women techniques to protect themselves if they are in any danger. "I teach the women differently than I teach the men; the women are taught to fight back without fists to protect their hands," said Bill.

In this 12-week course Bill teaches his students techniques to train their minds to be ready for any threats.

"I want my students to be able to react to an attacker without any hesitation" said Bill. "It's rewarding seeing them become empowered and become confident in their abilities and it makes me feel good that I'm

doing a positive in their lives".

Bill thinks that all women at Clarke should be required to take the class because it helps them with their confidence and makes them safer in dangerous times.

"This self-defense class is especially helpful for girls who don't know how to defend themselves to learn what to do in case of an emergency," said Corrin Larkin a sophomore Spanish major.

"The number one thing I want my students to learn is their awareness, I want them to be aware of a bad situation and be able to avoid it," said Bill.

He says he enjoys every minute of teaching his class and encourages all to attend on Tuesdays at 4:45 p.m. in the PAC.

Musical Menus: Broadway and a gourmet dinner

Ethan Abney
editor

This year at "Musical Menus" March 21-23 there will be two guests of honor: Kevin Bibelhouse, 2012 Clarke graduate, and Megan Gloss, 2002 alum.

"Musical Menus" is the best Broadway review in the region," said LaDonna Manternach, chair of the music department.

"Musical Menus" is an event held every year at Clarke in the Atrium. It is a chance for students, staff, and the community to come and enjoy the sounds of Broadway performed by Clarke's music department.

Sixteen student acts are selected for "Musical Menus." According to Manternach,

anyone in the music department can audition.

"The auditions this year were magnificent, which made it really hard to choose who was selected," said Manternach.

"Musical Menus" is the big



fundraiser for the music department; the money allows the department to go to different conferences and competitions throughout the year.

In the past, the seating selection had only two categories.

This year it has been broken up into three: Premium, Gold, and Blue seating.

The meal served at "Musical Menus" is a five-course gourmet dinner. The main course options are grilled beef sirloin, halibut, or a vegetarian pasta. So while you are enjoying the five-course meal, you also get a show.

"It is worth every penny for the meal alone, and the entertainment value just adds to it all," said Manternach.

"It is a proud moment for Clarke University," she added. "This is where the music department gets to show off its talent."



Kames exhibit explores Lenten themes

Sam Dugan
editor

Louise Kames, chair of the art department at Clarke University, will exhibit a new body of work at the Quigley Gallery in the Atrium, Saturday, March 16 through Saturday, April 6.

According to a Clarke university press release, the Lenten Series "Early in the Spring" by Kames features drawings of devotional palm cross weavings suspended in an enigmatic, atmospheric or background. Kames drew with both charcoal and smoke in this series of 40 (relates to 40 days of Lent) small drawings.

Lent, for the Christian faithful, is a 40-day period during which one focuses on doing that which draws them closer to Christ. It is a time to participate in disciplines such as fasting, abstinence, prayer and penance so that we become aware of our spiritual nature. The importance of this awareness and dependence is made clear by reflecting on Christ's life immediately prior to his crucifixion.

The press release explains that Kames's drawings feature palm leaves, which are used ceremonially to recall the last events of Jesus's life before the Resurrection.

They are also an important symbol of Jesus's achievements and their meanings in current times.

The initial idea for this work began as Kames listened to a podcast discussing the sensual aspects of Eastern Rite rituals. She wondered how could one draw incense wafting through space. This compelled her to consider the interrelated aspects of charcoal, ash, incense and candle wax; all being materials used in religious ritual as well as in her drawing practice.

Kames's drawings were created during a spring 2012 sabbatical during which she had fellowships at two artist residencies, The Ragdale Foundation in Lake Forest, Ill. and Schloss Plüschow, in Mecklenburg, Germany.

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SPORTS

Question and Answers with Zane Ridings

matt lozano
staff writer

Where are you from?

I came over here from Everett, Washington. I was born and graduated high school in a small town in northwest Montana called Columbia Falls.

What is your family life like: brothers, sisters, and pets?

Growing up I was raised by my grandparents mostly, just like the majority of the kids in my family. Once my parents became better off financially, I got to spend more time with my dad and mom. Most of my family is all boys, and everybody played sports. I have two brothers, one older and one younger that is just about to graduate high school. I also have a dog back home named Rex.

Do you have any hobbies?

I'm a cinemaphile, so I like movies a lot. I've gotten into studying biomechanics of athletes these last two years. I like understanding why people can do the things they

do, especially throwing athletes. When I get to go back home to Montana, I like to fish as much as I can.

When did you start playing baseball?

I started playing wiffle ball with my cousins and T-ball around 4 years old and then just kept moving onward to baseball from there.

Why pitching? Did you play any other positions before?

Pitching is one of the greatest forms of competition I've ever experienced. You get to face nine guys in a line-up that all believe they are better than you and are going to beat you. It's your job to prove them wrong and leave them feeling unsure of their own abilities when they have to face you. I love competing against people and even at 6'4" I have 'little guy' syndrome because I grew up being the smallest in my family. I think I always have something to prove.

How would you compare Dubuque to your last city?

Dubuque isn't too bad of a place. I could deal without the insane cold and ridiculous weather, but it has all a place needs to live. Nothing is going to be like home, though, so that's all I can say.

What are your thoughts on this season?

Coach Spain set up a pretty good preseason schedule and a lot of games for us, so I think it's going to set us up really well for conference play. All my brothers on the team have put in a lot of work so I know that we're ready for play. I would whole-heartedly say that this team has the best collection of talent that Clarke has ever had just from being around these guys every single day. We'll be ready when league play starts. I just hope that the weather changes soon because that would be extremely nice too.

What do you want to get out of this season and do you feel prepared for it?

I had to sit out for a short period in my life from baseball due to injury; luckily I met Dan Spain in the process, which has turned out to be a big deal in my career. Sitting out allowed me to get seasoned and refined on the mental part of the game before I could get back into the physical. I feel fully prepared for any challenge or team that I have to face because of it. At this point my only goal when I step onto the mound is to win. That's the only thing that matters. Individual accolades accumulate if your team is winning, so my job is to give them an opportunity to win every time I throw.

I want to be a part of a change in this program, where Clarke dominates the MCC and is a powerhouse every year in the conference.



photo by matt lozano
Zane pitching in the Metrodome

Basketball wraps up season

mike francis
staff writer

The men's basketball season has come to an end. The season was full of ups and downs for the team which finished the season with a record of 14-16.

Some of the high points of the season were wins against Division II Concordia St. Paul and against town rival Loras College. Beating Concordia was the first time in school history the men have beat a Division II school. The men's team also tied the record for fifth most wins in school history.

"We had a great group of guys that got along well together on and off the basketball court," said assistant coach Ben Davis.

The men battled back late in the season and got on a hot streak to secure the number three seed in the playoffs. The game was held at home against rival St. Ambrose and was neck and neck till the end. The men ended up losing by two points on a tip-in with time running out.

The team will have a younger look to it next season as it graduates four seniors who all played a huge role in the team's success. Those seniors are Brian O'Donnell, Luke Cassidy, Jake Peterson, and Kris Brooks. "When you lose four

senior starters, guys must step in to fill the rolls they vacate," said head coach Jerry Drymon.

Brooks led the team in rebounding and points per game this year and was named honorable first team all-conference. "My success this year had a lot to do with my work ethic and great play from my teammates, Brooks said. They did a good job feeding the post and trusting me down in the paint."

The men have high hopes for the returning players and expect some new recruits to be ready for next season. "I had to step up this year as a freshman and really work hard," said point guard David Nice. "I couldn't ask for a better group of guys to play basketball with; this season was a blast."

"We have a good core of returners next year and I'm really looking forward to watching guys step up," said coach Davis. Men's basketball has its off season now but will be looking to come back next fall and get right back into it. Coach Drymon said "You can look for continued improvement from the returners next year, and expect a fast-pace style of play."

Volleyball means to take NAIA by force

kevin murphy
staff writer

"On our bus trip back from a tough loss against Cardinal Stritch University we were talking as a team and said that we just need one big win that would get us rolling," said

7 Cardinal Stritch and against Johnson and Wales University (Denver). Justin Mullady led the team with six kills against Cardinal Stritch and Kevin Murphy had a match



photo by Taylor Shively
Peter Hibbeler and Tyler Wills jump to block the ball.

sophomore Tyler Wills, and that is exactly what happened. The men's volleyball team took on conference opponent No. 5 St. Ambrose at home on February 19 and defeated them in a five-game thriller. Wills had a huge game against the Bees with 27 kills. This started the roll that Wills was talking about.

The next big wins were three-game sweeps against conference opponent and No.

high nine digs. Against Johnson and Wales the outsides led the way, Wills had 13 kills and Joe Biros had eight.

The next big test for the Crusaders, who were ranked No. 6 going into the game, was against the No. 3 Warner University. "The last three home wins were huge; we had a great crowd in the Kehl center and going into our game against Warner we had hoped for another

great turnout," said Joe Biros.

Early in the first set the Crusaders were down but found a way to come back and take the set 25-22 and the next set 25-23. The team ran into some trouble in the third set when Warner servers started to heat up and took the set 17-25. Clarke was able to prove itself in the four set winning 25-21 and upsetting Warner. The team was led by Wills who had 13 kills and eight digs.

The next day men's volleyball left for a California trip where they went 3-2. The Crusaders split with No. 2 Concordia University and No. 10 Hope International University, which snapped a six-game winning streak. The defining win was against Concordia in a five-game thriller. The outsiders came up big again; Biros and Wills had 16 kills each and Tyler Oehmen had 10 blocks.

Clarke men's volleyball is now ranked No. 4. After taking to the road March 15 and 16 to take on Sienna Heights and Lourdes University, and playing No. 7 St. Ambrose on the 20, the Crusaders will be back in action at home March 22 and 23 for the CU Hampton Inn Dubuque Tournament for their last regular season games.

EXTRAS

Chemistry and food continued from page 1

-cifically to them. This is denoted by the French term "terroir." Terroir, as Malapati explains it, is "a sense of place expressed through food," and includes geography, geology and climate. Terroir creates an added value to food, like jamón ibérico, a gourmet ham from the Iberian Peninsula, or Champagne, a sparkling wine that comes from a region of France.

"We in the United States have been a little slow at establishing the value of a certain food," said Malapati. However, the U.S. does boast Vidalia onions from Georgia where the soil is deficient in sulfur, creating a sweeter flavor.

He said that under "Mc-

Donaldization" you can travel all over the country and find the exact same flavors. Another effect that McDonald's has had is the expectation of visual perfection in produce.

"Tomatoes today have 20 percent less nutrition than in the 1970s," said Malapati. Large food corporations need a tomato that is durable for shipping and perfectly shaped and colored. This has led to breeding tomatoes with these characteristics at the expense of taste.

Another member of the Clarke community, Miles Breed, executive chef at Clarke, uses as many local ingredients as he can. "I would love to use all local ingredi-

ents, but it isn't possible yet," he says. Breed has an on-campus garden and is using organic yogurt produced locally.

First and foremost, it is important to set aside land to grow produce Malapati said. With crops harvested from nearby land, money can be saved and food insecurity becomes less prevalent.

He suggested that the audience attend the garden party scheduled for April 9 at Clarke to gain knowledge about growing produce.

A reception was held after the lecture featuring food that Malapati created along with Breed. The ingredients were all produced locally.

Angry black men continued from page 1

the origin of it," said Muzinga. That being said, the panel added that as a society we need to come up with solutions which will benefit society as a whole. "We have to educate and increase African-American males' human capacity so they can find a job," said Muzinga. "All of that requires some investment in education as well as in correcting the family structure."

He said that as a society we need to understand why black men are angry in order to help them become more productive members of society as well as becoming a part of the typical family structure.

On an ending note, the speakers said that people need to have "power of the voice" in order to correct the stereotypical views that society has of angry black men. Education will enable African-Americans to be there when the textbooks are being written, and to be there when the "talk shows are talking" in order to correct these misconceptions.

The panel concluded by saying the power of the voice will enable us to counter stereotypes. "People fear what they do not understand, and until people of different cultures and backgrounds come together and learn about each other, there will forever be a gap and lack of growth among us," said Clarke senior nursing student Kevin Hartzog after the discussion.

On the Street

Seth Wieman
sports editor

What do you do on St. Patrick's Day?



"I usually watch the Disney movie 'The Luck of the Irish.'"

—Tanner Denlinger,
sophomore biology major



"I dye all the milk in the house green."

—Allison Boyes,
junior psychology major



"My dad and I make green eggs and ham"

—Bryan Harris,
freshman biology major



"I don't do a whole lot, but I do wear green and I pinch anyone not wearing green."

—Austin Their,
freshman APTT major

Speaker: Campuses center of sexual violence

adrienne gibbs
staff writer

According to Josh Jasper, CEO of the Riverview Center in Dubuque, the number-one place for sexual assault to occur in the United States is on college campuses.

On Tuesday, February 19th Josh Jasper, CEO of the Riverview Center in Dubuque, came to Clarke's campus and spoke about sexual violence in both the community and on college campuses.

The program was sponsored by the Clarke Alcohol and Drug Education Committee, Student Athlete Leadership, and the Psychology Club.

The Riverview Center is a non-profit organization that gives free counseling services to victims of sexual assault and domestic violence. At this event, Jasper said "Vi-

olence is a public health issue; no one is born to be violent. It is a learned behavior."

He blamed violence in video games, music lyrics, movies, the internet, and peer pressure for increasing domestic violence. He believes we have become desensitized to violence.

Jasper stated that "in the United States every 2.5 minutes someone is sexually assaulted, and 1 out of every 6 women are victims of sexual assault."

Not only are these national statistics high, but in Dubuque "26 percent of college students are sexually assaulted."

Jasper said these statistics show it has never been more important that we become "active bystanders."

If we are aware of violence taking place, we cannot assume

someone else will take the role in seeking help for that person.

He explained that "sexual violence is the most under-reported crime in our community," and urged those in attendance to "be active, not passive" when they are or know of someone who is a victim of sexual violence.

If you or someone you know has been a victim of sexual assault or violence, Jasper pointed out that you should contact the Riverview Center at (563)557-0310 or call the hotline (888)557-0310.

Students who attended the program were also given information about a free app for their smartphones designed to prevent sexual assault. You can read more about this at www.circleof6app.com



DUBUQUE'S got SISTERS

Join us for an inside look at religious life!

Are you interested in checking out religious life? Then join us for a 24-hour tour of four tri-state area convents to share life through praying, dining, and storytelling. Local transportation will be provided, and there is no fee to attend.

SAVE THE DATE:
Friday, April 5 at 5 pm to
Saturday, April 6 at 6 pm

To register or for more details, contact Sr. Jeri Cashman, OP at jeri.cashman@gmail.com or call 612-581-9291.

Sponsored by Sisters of Charity of the Blessed Virgin Mary, Sisters of the Presentation of the Blessed Virgin Mary, Dubuque Franciscan Sisters, and Sinsinawa Dominican Sisters



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